
AUTISM NEWS NETWORK

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The month of February

February is American Heart month, why do we observe American Heart Month every February? Well every year more than 600,000 Americans die from heart disease.

The number one cause of deaths for most groups, heart disease affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure.

This is a great chance to start some heart healthy habits!

The Human Heart

The human heart is responsible for pumping blood throughout our body supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out.

The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace about 60-80 times per minute.

What is the purpose of American Heart Month?

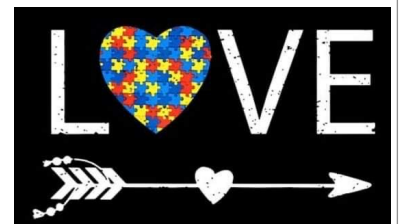
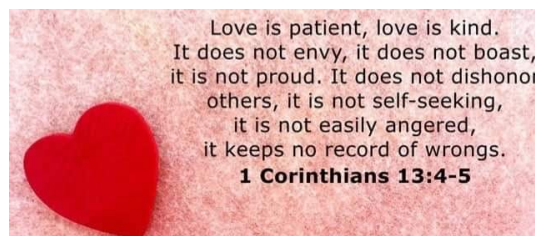
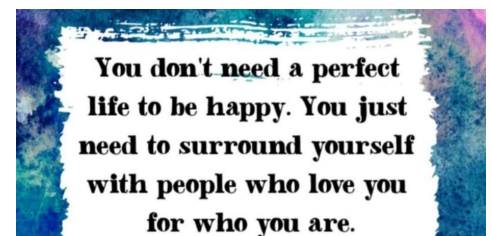
American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. Wear red for heart awareness.



The month of February is also Valentine's Day a month of love!

It can be a sad day for some that has lost that special someone in their life, or people that are still waiting on that special someone to come into their life. With a disability like autism it is extremely hard to make friends, especially to find the love of your life. Show extra love to people around you that is hurting.

Valentine's Day is a time to celebrate romance and love, if you have that special someone be sure to hold them close and treat them with respect. Don't miss the opportunity to love that special someone in your life.



From the Autism News Network!

